

# How to Fight Depression and Improve Your Mood

By Shari, RN

Are you one of the millions who  
are depressed and tired all the  
time???



Do you  
experience  
unbearable  
sadness  
and  
emptiness?



Do you  
feel  
exhausted,  
dragged  
out and  
run down?





You're barely functioning  
and pushing yourself through  
the day.





If so,  
here are few  
tips to make  
your day more  
productive and  
full of  
happiness.

First,

Ask yourself??

Do you feel or  
experience.....

# Sleeplessness,



# Tension,





....Or fatigue



These are all  
symptoms often  
associated with  
depression.

Try to relax everyday for  
optimal performance.



# Tip # 1

Take a Moment in  
each Day for  
Yourself and  
“Regroup”

# Guided Imagery

- Guided Imagery is a technique that uses imagination, positive thoughts and mental images to promote relaxation, changes in attitude, or behavior.
- This relaxation and stress-reduction technique can help to relieve pain, slow the heart rate, and stimulate the body's healing responses.



Pick a  
quiet  
spot and  
do this  
drill.



**Quiet  
Zone**

**Quiet Zone**  
Please walk softly  
and talk softly.  
thank you.

Breathe deeply and observe your breath  
– Focus on seeing all your problems and  
distractions Vaporizing in the air.



Visualize scenery and feel you  
are part of it,



whether  
it is a  
mountain  
area  
Or....





a white sandy beach in  
Florida.





# Let yourself go.....

- Stay here for as long as you like
- Enjoy your “surroundings”, and let yourself be far from what stresses you.
- When you’re ready to come back to reality, count back from ten or twenty, and tell yourself that when you get to “one”, you’ll feel serene and alert, and enjoy the rest of your day.
- When you return, you’ll feel more calm and refreshed, like returning from a mini-vacation, but you won’t have left the room!

Next,  
Ask yourself.....

# Are you overwhelmed?



Are you finding you don't have  
enough time in the day to  
accomplish all your tasks?



# Tip #2:

Try to solve and fight  
one problem at a  
time.



Don't bite off more than you can chew



Do not try to conquer every problem at  
one time.....

If you do..... Simple tasks get way out of hand as mix-ups and mess-ups start to multiply.



....and  
you will feel  
tired,  
depressed  
and  
helpless.



**Suggest and train your mind to  
focus on one problem at a time.**



# Tip #3

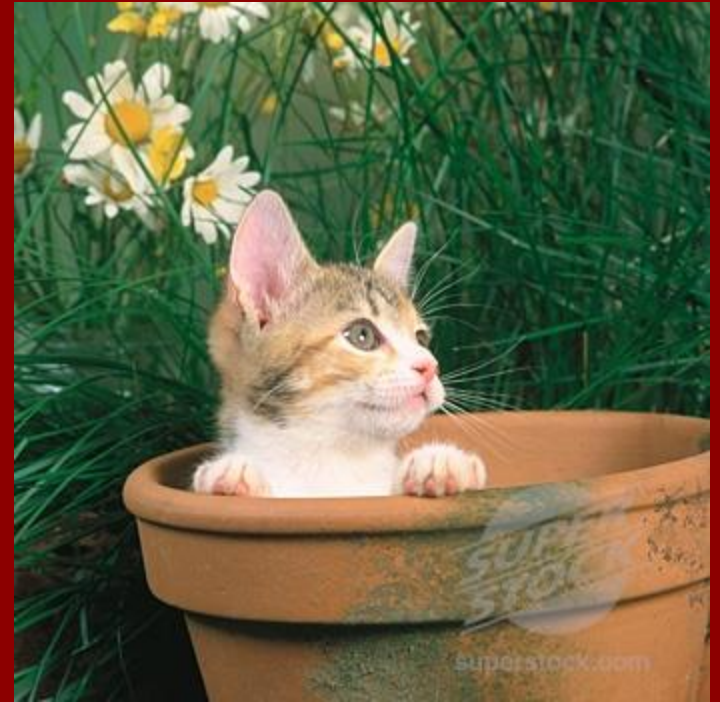
Take Care of  
Yourself

- While you can't force yourself to have fun or experience pleasure, you can choose to do things that you used to enjoy.
- Pick up a former hobby or sport you used to like.
- Such as.....



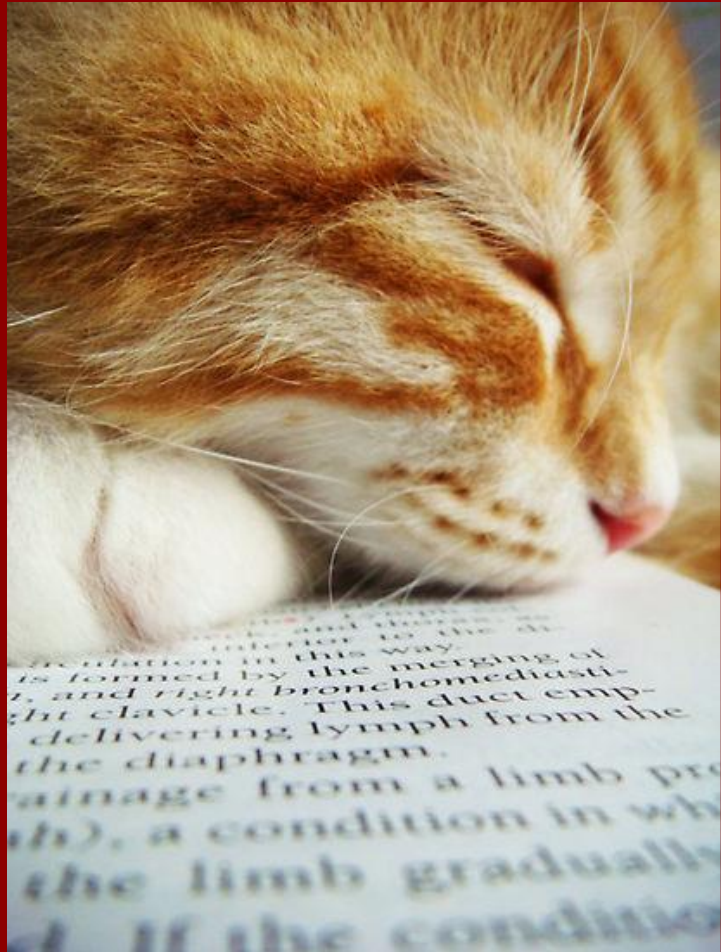
# Golfing,





# Gardening,

# READING,



# Bicycling,





# Dancing,



# Star Gazing,





# Exercising,



P  
R  
A  
Y  
Y  
E  
R,



# Fishing,



# Cooking,





# Music,





....or traveling can give a powerful boost to your mood.





Doing arts and crafts can also be very good therapy.



# Tip #4: Cultivate Supportive Relationships



Surround yourself with a good support system.





Now is not the time to  
go it alone.



You will find strength in  
those who truly love you.



# Be engaging....





Don't isolate yourself from  
others



After all....who likes to  
eat alone,



....when you can go out and  
have a good meal with  
friends.





# Do volunteer work,



Tip #5:

Adopt  
Healthy Lifestyle  
Habits



Watch your diet very  
closely.



# Get regular exercise.



Aim for 8 hours of  
sleep





Exposure to light from the sun or from certain artificial lamps can also be helpful to relieve depression and improve a sad mood.



Eat consciously and try to avoid foods that  
can cause mood swings like.....



sugar, chocolate, and  
caffeine.

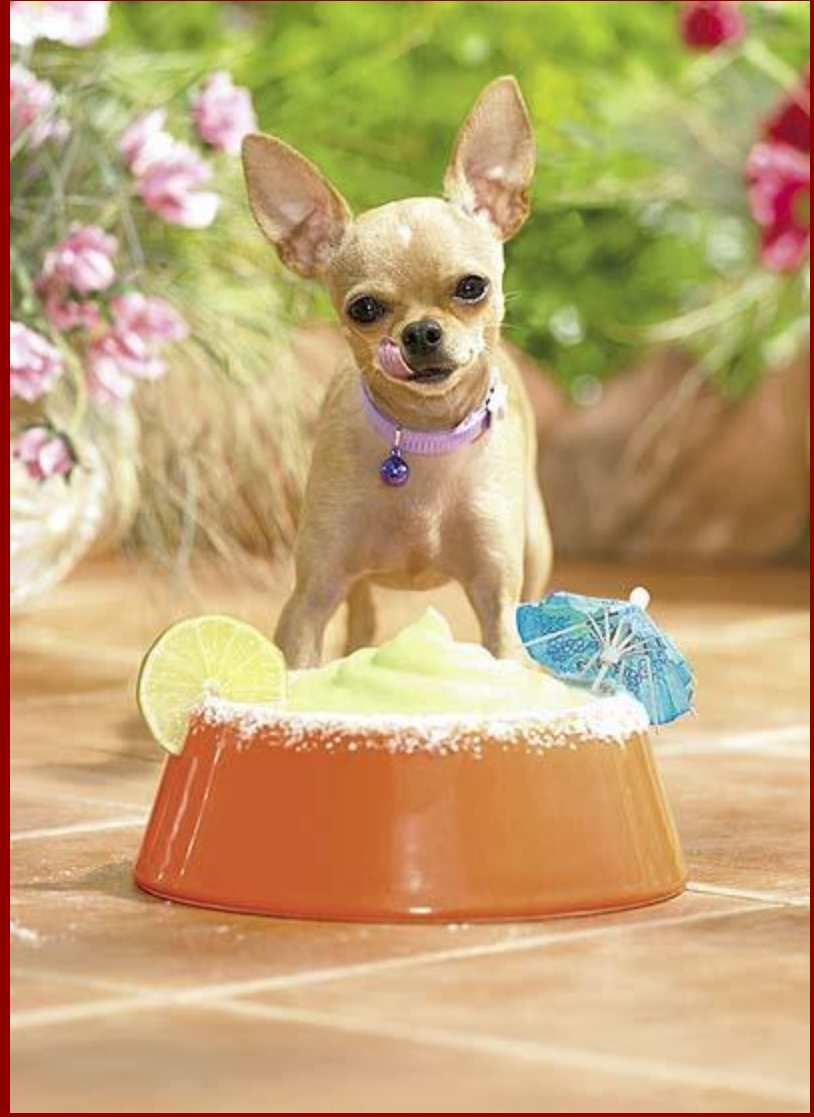


Quit smoking if you can,



And you CAN!!

Avoid  
drinking  
alcohol or  
reduce a  
possible  
drinking  
habit.



Tip #6:

Learn How to enjoy  
life again.....

# Be Silly....



# Play with a pet.







Write in  
your  
journal  
or phone  
a friend.

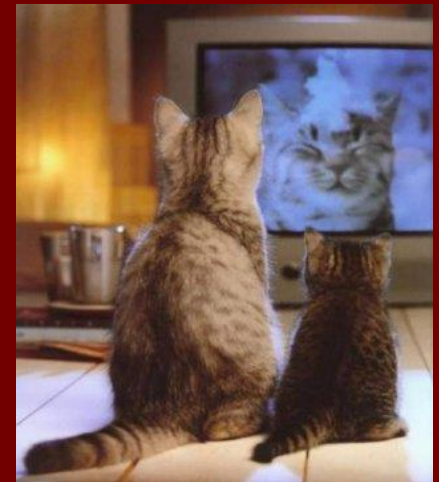
Take a long, hot bath.



Do something  
spontaneous.



Watch a  
funny  
movie or  
TV  
show.





Take time  
for those  
simple  
pleasures  
in life.





Tip #7:

Know when to get  
additional help

If you find your depression  
getting worse and worse, seek  
professional help



Needing additional help  
doesn't mean you're weak.



Sometimes the negative thinking in  
depression can make you feel like  
you're a lost cause,



but depression can be treated  
and you can feel better!!

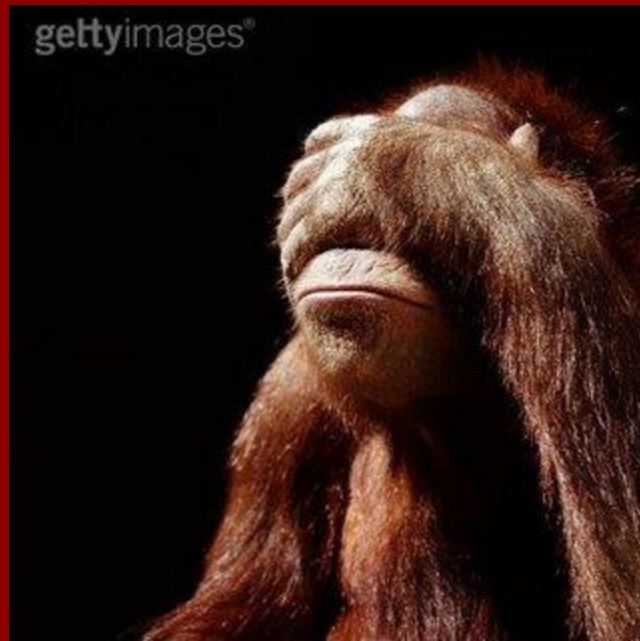




# Don't Quit

Author: Anonymous

When things go wrong as they  
sometimes will;



When the road you're trudging  
seems all uphill;



When the funds are low and the  
debts are high;

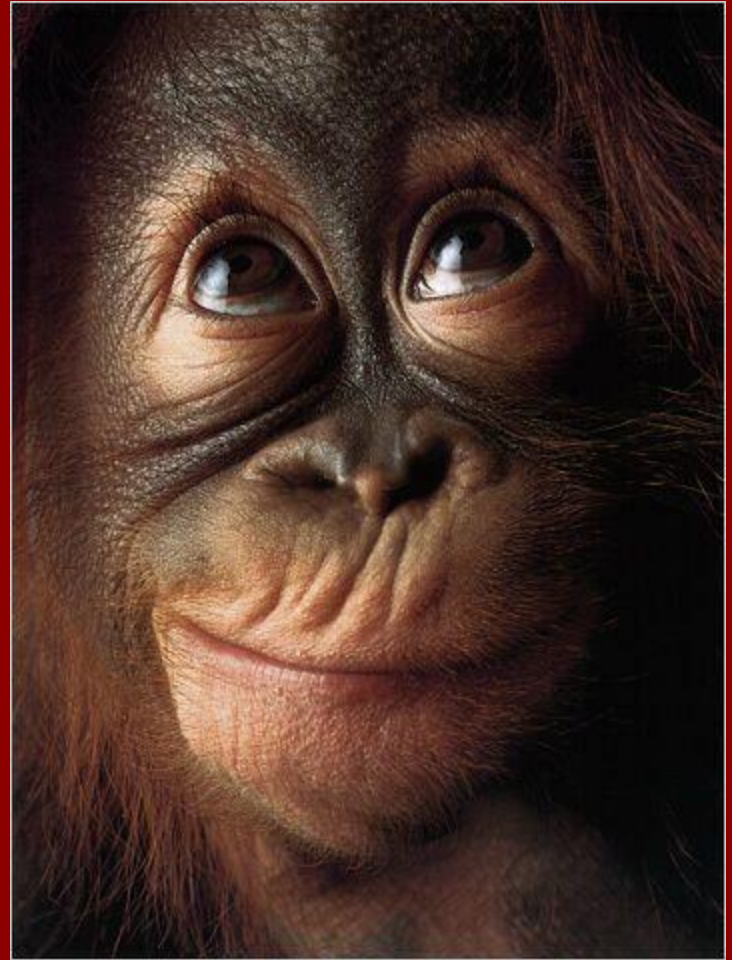


And you want to smile, but you  
have to sigh;





When  
care is  
pressing  
you  
down a  
bit



Rest if you must, but don't you  
quit.



Success is failure turned inside  
out;





The silver tint of the clouds of  
doubt;



And you can never tell how close  
you are;





It may be near when it seems afar.



So, stick to the fight when  
you're hardest hit--



It's when things go wrong that you  
mustn't quit.



This is the end of the poem.

But, continue to use some of the ideas in  
this presentation to fight depression and  
improve your mood.

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